

Good health For Afghanistan's mothers and children



WHAT WE DO

World Vision Afghanistan (WVA) is working to improve Maternal Child Health and Nutrition for children and mothers who do not have access to basic health care in the three provinces of Herat, Badghis and Ghor.

HOW WE DO IT

WVA has targeted vulnerable populations, mostly children and women, with interventions such as improving capacity of health personnel, providing emergency and primary health care for Internally Displace People (IDP), WASH, improving maternal child health, nutrition, and providing psychosocial support.

ACHIEVEMENTS

In Nutrition, the main focus is to combat the high prevalence of chronic malnutrition and the micronutrient deficiencies among mothers and children. WVA implements a holistic approach (integration of health, nutrition, WASH, food security) to focus on different causes that contribute to the high prevalence of these significant challenges.

WVA's nutrition program provides services to rehabilitate malnourished children and address acute malnutrition. The program has supported 12 new Out-patient Therapeutic Programs and 4 Therapeutic Feeding Units to provide assistance to these children. The program also has trained nutrition nurses and project staff on management of severe acute malnutrition. Through nutrition sessions, 3,178 acutely malnourished children have been cured in more than 130 targeted villages.

In WASH, the program aims to increase access to clean water, while promoting household sanitation and raising awareness within communities on the importance of good hygiene and health practices. WVA health projects have repaired 53 damaged wells in targeted villages, and drilled two new ones. Children, who are often absent from class to collect water for their families, are able now to attend school. 11,000 people now have access to clean and drinkable water. Moreover, the program has helped families to construct 1,500 latrines in 44 targeted villages.



A girl drinking clean water from a well dug by World Vision.

"Today and yesterday, I went to school on time because I didn't have to walk a far distance to gather water." says 12-year-old Ali.

The health projects have also trained hundreds of community health workers to inform and promote areas that affect health in their communities, such as proper nutrition, access to clean water and the importance of latrines among other things.

FAST FACTS

To improve the capacity of health care providers, the health program has updated the knowledge of approximately 500 health care providers, increasing their health service delivery knowledge by more than 50% on average.

Furthermore, the program has established mobile health teams comprised of midwifery students to get practical experience through providing services and medicines to pregnant mothers and infants in vulnerable communities where access to health care is limited.

In Psychosocial Support, our mobile health services cover a population of more than 45,000 in IDP areas. In addition, 8 youth clubs have been established and equipped in IDP area schools where students, teachers and mothers are being taught about life skills.



59% of children under 5 are **stunted** (UNICEF, 2013)



1 in 11 women risk **maternal death** (Save the Children, 2012)



Fewer than 1 in 3 people have access to **improved sanitation** (UNICEF, 2013)

Through **Food Security** activities, WVA's program works to improve availability and accessibility of nutritious food sources at the household level to support a nutrient rich diet. The health program has established kitchen gardens, distributes improved seeds, and has enabled 3,080 women to pursue poultry production. In addition, more than 1,000 male farmers have been trained on utilization of organic fertilizers, composting, use of non-chemical pesticides, and the importance of dietary diversification. Approximately 1,000 women have been trained on vegetable growing, composting and vegetable preservation.

SUSTAINABILITY

WVA believes community mobilization and active community participation has a vital role in achieving sustainability of community health services. Through the development of integrated provincial health project partnerships, continuous joint planning and supervision, timely monitoring and evaluation, and community and government capacity building, we are ensuring sustainability of our health program impact.

"[Today] my son is 22 months old and weighs 10.11 kg. You have taught a lot of good things to us. You opened our eyes. You helped my child become healthy and made me and other mothers like me happy so I hope God makes you happy," says Rahima one of health project's beneficiaries.

A mother with her infant child who are supported by a World Vision trained midwife in maternity hospital.



Learn more: <http://www.wvi.org/afghanistan>